

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

REDUCING THE WAIST



Massage Downward with the chest high

FOR women who have not abstained from foods that are apt to produce flesh there are some exercises which will reduce the waist—that zone where flesh seems to delight to settle, much to the fair one's chagrin and discomfort. Waists are now longer than in the last season, and although many women will rely upon corsets to produce the approved lines, I advise a saner and more lasting method.

At morning after rising, or at evening before retiring, there are some gymnastics of the body which will effectually reduce superfluous flesh, and I can promise quick results if conscientiously persisted in by you.

Place the hands on the sides of the body under the arms and smooth the flesh downward in firm, strong strokes, going over the hip line. If the hips are large, move the fingers from front to back, pushing the flesh away.

Now, the next exercise comes from Japan. It is the pinching and nipping massage of that country, and if persistently given is wonderful. With both hands pinch the flesh at the waist line, between thumb and fingers. The vigorous treatment will first soften the flesh, and gradually it will disappear.

With the hands at the back, thumbs touching and fingers apart, bend the body forward. Repeat slowly, keeping the eyes front, which means a raised head. Do not neglect this movement, which seems to produce a disposition of

the flesh that is more normal. This exercise is balanced by a backward movement of the upper body. Take this slowly and do not bend too far at first. The muscles must be exercised and not strained. You will find that each time is less difficult. This reduces the abdominal muscles, which so often give an unattractive thickness.

As a last movement, raise and lower each knee. Draw up the right and then the left. The balance can be kept more perfectly if the hands are used to hold the hips. Repeat this until a general flexibility of the muscles is felt. The line at the side is lengthened by this "pinching" motion, and muscles become harder, while fat disappears. To women who are willing to devote fifteen minutes each day to these exercises there will be great benefit. There will be a decided improvement in the figure, due to a harmless and easily followed out series of movements.

Pinching and Nipping the Flesh



With hands at the back, bend forward

A backward movement should be taken

The Knee should be raised and lowered

ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams
most cordially invites her friends
to bring to her Social
Problems and Perplexities
by letter at any time

WHEN LEAVING CARDS

TODAY card etiquette is so simplified and systematized that any woman can follow it without danger of serious blunders. When once the fundamental principles of this are mastered, the occasional changes may be made by those who wish to keep in touch with these things. A card is never taken into a drawing room and presented to the hostess. It is left by the caller on a tray in the hall as she passes. If your call is made on the first "day at home" of the season, you will place in the tray one card of your own and, if married, two of your husband's. After that, during the season, you need not leave any cards if calls are made on at-home days. If any special entertainment be given by your hostess to which your husband is invited, two of his cards must be left when making the return call. This rule obtains if the hostess be a married woman.

If a woman is hostess at a formal affair and is assisted by her unmarried daughters, there are no cards left for them, even though they have made their bow to society. If an unmarried woman is the hostess, then cards are as carefully left as if she were a matron.

friends and accompany them on a little round of paying calls. If you are not contemplating a visit of any length and do not know the persons upon whom the call is made, your card is not left if they are not at home. If you intend to stay two weeks or more, and if the persons called upon present themselves, one card should be left in the hall.

If a special arrangement has been made to call and thus introduce the stranger, then cards are left as at any other first call. When a formal morning call is made by a woman upon another woman for a little business of a charitable nature, only one card is sent up by the caller. If the mistress be out, this and a short explanation of the purpose of the business are given to the servant.

If you are a business woman and are paying a business call upon another woman, it is always best to inscribe upon your card a hint of the nature of your call. In no case should you send a card to a man. The servant should be given your name and a statement of your business. If you prefer, you may write both upon a slip of paper.

I hope that women who have been a little worried about their visiting cards will profit by this talk. A knowledge of this very formal institution is just one mark of attention to the details of social life. Master these facts and there need be no halting and blundering at functions where cards should be left.

SOLUTIONS TO SOCIAL PROBLEMS

Invitation to Dance

Do you think a young lady has cause to get angry with a gentleman because he asked her after being dared? Before he did it she told him not to, should he apologize? ANXIOUS.

and conventional ways for a man to request a dance.

An Unexpected Caller

Is it proper for a girl to invite a young man to call on her if he does not live in the same town? Should she take his invitation at the girl's home and not at the hotel? If a gentleman calls upon a girl unexpectedly and her mother opens the door for him, should she ask the young man for his card so that she may tell her daughter who wishes to see her? POPULAR.

The young girl could not tell with propriety invite the young man to call upon her. It would be perfectly proper, however, for her parents to ask him to call. If he is a friend of the family, he may be invited to a meal. The mother should not ask for the card, but should ask for his name.

A Persistent Boy

What should one do with a boy who persists in asking one to dance and you have refused him because you don't like him? Is it proper to wear low-necked dresses to dancing school? HESPER and LULU.

What to Say

What should a young man say when he is introduced to a girl? What should she say? ANXIOUS.

Accepting a Challenge

Do you think a young lady has cause to get angry with a gentleman because he presented to a lady should make some pleasant remark, as, "I am very happy to meet you, Miss White," or, "It is a great pleasure to know you, Miss White." ANXIOUS.

To Win Her Affection

Do you think a girl, but I do not think she cares for me. What shall I do to win her affection? ANXIOUS.

ing to give assistance whenever it is needed.

Attired in a Kimono

Is it proper to receive a young man when I am attired in a kimono? I have a very sweet one that was given me on my birthday by this young man. ANXIOUS.

Treating With Wine

Should I treat boys with wine when they come to see me? If not, what can I serve? ANXIOUS.

Length of Dresses

I am a girl of thirteen and am five feet four inches in height. How long should I wear my dresses? ANXIOUS.

Automobiling

Is it proper for girls between the ages of 14 and 16 to accept the invitation of a boy of 17 to go out automobiling with him? Only one of the girls is acquainted with him. ANXIOUS.

girl's name is always spoken first. The simplest method is always the best. "Miss Brown, let me present Mr. Jones." is a form which would be correct on almost any occasion.

A Woman Gives First Sign of Recognition

I am a telephone operator in a small town, and am daily engaged in conversation with many gentlemen. Some of them, when I meet them on the street, speak to me. I think it is not right to speak to them before being properly introduced, but fear if I do not they will think me too haughty, and make it unpleasant for me. What is the correct thing for me to do? PERPLEXITY.

First of all, let me say that it is a woman's privilege to bow first when meeting men acquaintances. You have no right to recognize the men to whom you have never been introduced, and it is presumption on their part to expect that you will.

Gloves at a Dance

Is it proper for a young lady to remove her long gloves at a dance? ANXIOUS.

At a very formal dance the gloves are kept on, but quite frequently at an informal dance they are removed. This

latter, however, is not done if the number of women who do this is very small. You can best decide for yourself by accepting the general action as an index of what to do.

Entirely Too Young

Is it proper for me to walk to and from church with a boy of 15? I am 16 years of age, and am five feet tall. Should I wear my dress, my shootops? ANXIOUS.

Taking a Boy's Arm

Is it permissible for a girl to take a boy's arm on the street? ANXIOUS.

Not unless she is in very great need of his assistance.

ANSWERS TO BEAUTY QUERIES

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

Weight Too Heavy

I am 5 feet 4 inches tall and weigh 130 pounds. My bust measure is 36 inches, waist measure 28 inches, hip measure 38 inches. Do you think I weigh too much? A READER.

Enlarged Pores

The writer has a number of enlarged pores in his nose, and would like you to recommend any treatment or speciality which could remove them, through the columns or by personal letter, the name of any specialist, I think, however, that if you will clean your nose with a face brush, using the very best of soap and then applying the lotion for which I am giving the recipe, your pores will not be so large.

Lotion for Enlarged Pores.

Boric acid..... 1 dram
Distilled water..... 4 ounces
Apply with a piece of old linen or a bit of absorbent cotton.

Hollow Cheeks

Will you kindly advise me how I can make my face stout? My cheeks are very hollow. I am only 15, and every one takes me for 17. Will you kindly help me to make myself look my own age? ANXIOUS.

Another Request for Celandine Leaves

Dear Mrs. Symes, I would like to state through your columns just how to use the celandine leaves to remove superfluous hair. M. P.

Celandine Leaves

I read that celandine leaves will remove superfluous hair. Will you please tell me how to use them? Does it irritate the skin? MRS. A. S.

dine leaves, add one pint of hot water to one ounce of leaves and apply to the hairy surface in a poultice form. It will not irritate the skin.

Dandruff and Short Hair

What am I to use for dandruff? It causes my hair to fall out very fast. I have been using vasoline without relief. My hair is very dry and breaks when I comb it. How long is there any way I may wear it? A BLUE-EYED ONE.

Oily Skin

My skin is very oily and I would like something harmless that would improve it. I have been using vasoline without relief. My hair is very dry and breaks when I comb it. How long is there any way I may wear it? A READER.

Lotion For Oily Skin.

Boric acid..... 1 dram
Distilled water..... 4 ounces
Apply with a piece of old linen or a bit of absorbent cotton.

Crude Oil

Is it all right to use crude oil on the hair to make it long and thick? How often should it be applied? A READER.

To Improve the Hair

Dear Mrs. Symes, I am 17 years of age. My hair is very short and thin and I have considerable dandruff and an itching scalp. What would you advise me to do? ANXIOUS.

Hair Tonic.

Resorcin..... 3 drams
Tincture cantharides..... 1 ounce
Oil rosemary..... 4 drams
Bay rum, add sufficient to make..... 8 ounces

To Cultivate the Voice

Will the eating of lemons cultivate the voice? If not, what will? ANXIOUS.

the corner and talk with a boy. It would be better for him to walk along with you if he has anything important to say to you.

Gloves On or Off?

Our minister shakes hands as we pass out the door from church. It is more proper to shake hands with gloves on, or not? ANXIOUS.

As a woman usually keeps her gloves on in church, it is permissible to exhibit a gloved hand to the minister.

What can I do to make my arms and neck white and shapely? HELENA G.

Your weight is hardly enough in comparison with your height, but you are still a very young girl and have not had chance to develop, so I advise you to get plenty of sleep, eat wholesome food and take plenty of outdoor exercise.

The turned-up nose can be greatly improved if it is rubbed with the thumb and first finger, from the bridge of the nose down to its very tip.

To improve the shape of your arms and neck, massage with cod-liver oil, Deep breathing will fill out the neck. To whiten the skin, bathe with buttermilk or water to which lemon juice has been added.

Turned-Up Nose

I am a girl of 12 and am 5 feet 11 inches tall. How long should I wear my hair? ANXIOUS.

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Measurements

I am 14 years of age. My bust is 25 1/2 inches, hips, 17 inches, waist, 27 inches, without my corset. I weigh 125 pounds and am 5 feet 3 inches tall. Do my measurements in good proportion and do I weigh too much for my height? D. H. LEE.

Your measurements are very good, but your weight is too heavy for your height. Exercise and diet will help reduce your flesh if you will do both regularly and carefully.

Sage Tea

Dear Mrs. Symes, Will you please publish the recipe for sage tea? AUBURN HAIN.

Following is the recipe for the sage tea. Dried sage is used:

Almond oil..... 4 ounces
Green tea..... 2 ounces
Garden sage..... 3 ounces
After straining, keep tightly sealed to prevent evaporation.

Steep the tea and sage separately and take two ounces of each liquid, then add the alcohol.

Snarls in a Switch

Can you tell me what to do with a switch which I washed unconsciously. It is full of a mass of snarls, and is so hard I would like to know what to do with it? PEBBLED.

To remove the snarls from your switch, hold it firmly in one hand, comb it carefully, starting from the bottom and working upward. To soften the switch, apply the brillianine for which I here give the recipe.

Brilliantine for Hair.
Sweet almond oil..... 4 fluid ounces
Alcohol..... 4 fluid ounces
Glycerine..... 1 fluid ounce
Oil of Rose geranium..... 15 drops